

U.S. Attorney's Office
District of Nebraska
Victim Witness Unit

After the Robbery...



A Resource For Victim Bank Tellers

Stress Reactions From Crisis Events

You have been involved in a critical event. For some people this experience can cause unusually strong emotional reactions. Some people report almost no reaction to a critical event, while others report a variety of physical, emotional, and social responses. These may appear a few hours or a few days after the incident and in some cases, weeks or even months later. You may find yourself faced with feelings unlike those you have previously experienced. These feelings may come and go and vary in intensity. Their duration will depend largely on the severity of the critical event and its significance to you. **It is important that you realize that these are normal reactions to an abnormal event.**



Physical Symptoms

- Restlessness
- Headaches
- Upset Stomach
- Changes in Appetite
- Nightmares/Flashbacks
- Sexual Problems
- Tenseness
- Tremors/Shaking
- Dizziness
- Sleep Disturbances
- Fatigue/Loss of Energy
- Muscle Aches

Emotional Reactions

- Fear/Anxiety
- Depression/Grief
- Confusion
- Shocked/Dazed
- Easily Startled
- Feeling Numb
- Inability to Concentrate
- Guilt/Blaming Yourself
- Anger
- Emotional Exhaustion/Withdrawal From Friend & Family
- Feeling Lost/Abandoned
- Moodiness/Irritability
- Re-experiencing the Event Repeatedly in Your Mind

Helping Yourself

There is no “right” or “wrong” way to react or feel as a victim. Many who have been victimized feel the same things as you do now. **You are not alone and you are not crazy!** It is important to talk about what you have experienced and how you feel about it with concerned family members, friends or a counselor. Getting help from a professional does not imply weakness. It simply means that the particular event was too powerful to handle alone.

- Realize that you have experienced something out of the ordinary & are in need of some extra TLC for awhile.
- Eat well balanced & regular meals; even when you don’t feel like it.
- Resist the urge to turn to drugs or alcohol to escape.
- Surround yourself with people who care about you.
- Talk about your feelings.
- Maintain as normal a schedule as possible.
- Record your thoughts & feelings in a journal.
- Take time to relax, listen to music, or read a book. Alternate with periods of physical activity.
- Avoid making impulsive decisions. Realized that this is not a good time to make major life decisions.

Services Provided By the U.S. Attorney's Victim Witness Unit:



There are approximately 7,000 bank robberies in the United States each year. The level of violence that takes place ranges from a note to a teller to the increasing number of “takeover” robberies in which everyone in the bank is threatened at gunpoint. Regardless of the means used, victimization is terrifying to employees & customers.

The U.S. Attorney's Office in the District of Nebraska prosecutes a substantial number of bank robberies. In prosecution, there are two goals: 1) to do everything legally possible to convict the robber; 2) assist the victims' recovery with support throughout the criminal justice system.

The U.S. Attorney's Victim Witness Unit provides direct services to crime victims. These services include, but are not limited to:

- Notification of case status throughout the Criminal Justice System
- Emotional Support & Court Accompaniment
- Referral to Additional Resources
- Assistance With State of Nebraska's Crime Victim Compensation Program
- Assistance in ensuring that you are afforded your rights as a victim of crime.

“Treating Crime Victims with the Dignity and Respect They Deserve.”